



Leisure Services Department **Extension Services**

Basic Food Prep Classes

Pressure Cooker Dine In

Tuesday, September 11, 2012, 6 – 8 p.m.

Save time and cook a healthy meal in a pressure cooker.

Cooking Seafood for Your Health

Tuesday, October 9, 2012, 6 – 8 p.m.

Learn to prepare healthy, safe seafood meals.

Healthy Party Hors de Oeuvres'

Tuesday, November 13, 2012, 6 – 8 p.m.

Learn stress-reducing ways to prepare healthy trays.

Healthy Holiday Baking

Tuesday, December 11, 2012, 6 - 8 p.m.

Learn how to bake healthy holiday treats.



PRE-REGISTRATION IS REQUIRED!

All classes will be held at Seminole County Extension Services kitchen (address below).
Class size is limited. Call 407-665-5560 to register. Each class is \$10, payable in advance.

For more information, contact: Extension Agent • Seminole County/University of Florida/IFAS
250 West County Home Road • Sanford, FL • 407-665-5553 • e-mail: rlaw@seminolecountyfl.gov

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